

Medication Information Sheet



Tizanidine

brands: Zanaflex®

Medications are only ONE part of a successful treatment plan. They are appropriate when they provide benefit, improve function and have either no or mild, manageable side effects. Importantly, medications (even if natural) are chemical substances not expected in the body, and as such have side effects. Some of the side effects might be unknown. The use of medications/drugs for any purpose requires patient consent. This practice does NOT require a patient to use any medication.

Information & potential benefits

Tizanidine is a medication that helps with muscle spasms and musculoskeletal pain syndromes; there is evidence that it helps neuropathic and musculoskeletal pain through alpha-2-receptor activity. Studies have shown Zanaflex helpful for neuropathic pain and some types of headache. It is currently FDA approved for muscle spasticity.

Potential risks and side effects

Tizanidine should be used carefully in cases of liver or kidney disease, low blood pressure, or heart conduction problems (QT interval problems). **It should not be used with Luvox or with the antibiotic Cipro (ciprofloxacin). There are many other drugs that can interact with Tizanidine.** In addition to the standard side effects listed in the disclaimer, common side effects of Zanaflex include dry mouth, sleepiness, dizziness, asthenia, infection, constipation, urinary frequency, flu-like feeling, low blood pressure, more spasms, sore throat and runny nose. More serious side effects include liver damage, severe slowing of the heart beat and hallucinations. Tizanidine occasionally causes liver injury. In controlled clinical studies, approximately 5% of patients treated with tizanidine had non-serious elevations of liver function tests. Most cases resolved rapidly upon drug withdrawal with no reported residual problems. In occasional symptomatic cases, nausea, vomiting, anorexia and jaundice have been reported. Tizanidine may work as a pain medication and a muscle relaxer.

Dosing information

The maximum dose of tizanidine is 36mg per day. It is NOT LIKELY that you will reach the maximum dose; most patients do well at lower doses. Patients should use the lowest effective dose. There is no need to increase to the next higher dose if the current dose is helpful. Also, patients should not increase to the next higher dose if the present dose is not tolerated.

Important information

Disclaimer: This is for informational purposes only. This does not replace the instructions you received from your provider, does not constitute initiation of medical treatment or establishment of a patient-physician relationship, does not constitute any form of recommendation, prescription or medical advice, and does not imply that the medication is appropriate or FDA approved for any condition. This information is not a complete listing of instructions, doses, uses or side effects. If this was prescribed to you, you must review this information with your pharmacist and prescriber before starting the medication. Any medication may interfere with the ability to drive, concentrate or operate machinery; patients must be responsible for their own behavior and should not engage in any dangerous activity if there is any question of impairment. All medications have side effects and drug interactions, some serious, some fatal. Let all of your practitioners and pharmacists know about every substance used. Alcohol, herbals or illegal drugs are not considered safe with these medications. Assume no medication is safe during pregnancy or while breast feeding. The medication may interfere with birth control. Almost any medication can cause sleepiness, insomnia, dizziness, confusion, hallucinations, anxiety, panic, constipation or diarrhea, headache, chest pain and nausea or vomiting, among others. Most medications should NOT be stopped suddenly because of the risk of withdrawal.